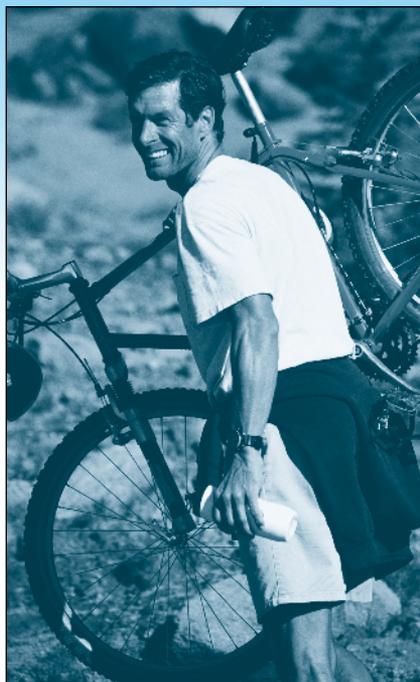


FIBRO-RESPONSE™

Vibrant Strength And Movement



“I sing the body electric...

...the expression of a well-made man appears not only in his face;

It is in his limbs and joints also, it is curiously in the joints of his hips and wrist;

It is in his walk, the carriage of his neck, the flex of his waist and knees—dress does not hide him;

The strong, sweet, supple quality he has, strikes through the cotton and flannel; To see him pass conveys as much as the best poem, perhaps more;

You linger to see his back, and the back of his neck and shoulder-side...”

“I Sing the Body Electric”

from *Leaves of Grass*

Walt Whitman (1819-1892)

Muscular strength and movement of the body is part of a vast interconnection among tissues, nerves, fibers, and blood vessels. The body’s metabolic systems—intricate organizations of energy, nutrient distribution, immune function—combine to animate the muscle fibers, while the brain, the central nervous system, and the full range of biochemical nutrients combine and conjoin to produce the movement of life: a baby’s first step, a clasped hand, a reach to pluck a rose, a bend for a kiss, a spin on the dance floor, a skip down a tree-covered lane.



Strategies for Wellness™

Source Naturals offers you a new paradigm in health care. We call it SystemiCare™: scientifically advanced formulas designed to keep your body's deep dozen metabolic systems balanced and healthy.

FIBRO-RESPONSE™ is a Bio-Aligned™ Formula that addresses seven of the dozen key SystemiCare systems identified by Source Naturals as critical to optimal wellness, including: Energy, Liver/Detoxification, Antioxidant Defense, Brain/Cognition, Immune Function, Circulation, and Structure/Connective Tissue.

In FIBRO-RESPONSE™ we have evaluated the underlying causes of system imbalances in muscular and skeletal metabolism to design a formula that supports alignment and harmony in the body's interdependent systems and functions.

FIBRO-RESPONSE invigorates muscles and joints by supporting oxygen supply and energy production. It provides powerful antioxidants for healthy joints and connective tissue and assists healthy liver function for detoxification. The immune system is supported for the restoration mechanism of overworked muscles. The ingredients in FIBRO-RESPONSE were carefully



selected to influence a range of body systems. Some were included for their combined effects with other ingredients; some play important roles in more than one body system.

Muscles and Energy Production

The word “fibro” means fiber or fibrous tissue. Muscle fibers are actually long cells, which individually look like fibers under a microscope. All bundled together, these fibers are our muscles, which need oxygen for optimum strength and function. Muscle fibers are powered by adenosine triphosphate (ATP), a compound popularly referred to as “the energy molecule.”

ATP supplies energy for *all* the body's myriad physiological processes. To provide this chemical energy, the body generates and uses an amazing two to three pounds of ATP every day, through a series of complex chemical reactions. The two main energy production systems in the body—which can be envisioned as “energy factories” in cells—the Krebs cycle and the electron transport chain—both require sufficient nutrients to keep the body's systems running properly. **Malic acid**, a natural fruit acid that is also produced in our cells, and the essential mineral **magnesium**, are critical components of the energy production cycle in muscle cells. FIBRO-RESPONSE supplies both in the amounts used in recent scientific research.

Additional ingredients that support energy production include **CoQ10**, a coenzyme that is critical in three of the four steps of the electron transport chain in the ATP production pathways; **manganese**, which activates many metabolic enzymes; and **copper**, an important component of energy-producing enzymes. **Pantothenic acid**, and **alpha-lipoic acid** help form coenzyme A, the starting material for the Krebs cycle, the primary process that produces ATP. **Vitamins B-1, B-2, niacin and B-6** are also all required in these energy production cycles.

Joints and Connective Tissue

Healthy connective tissue is essential for proper muscle function. **MSM** dietary sulfur supports



the integrity of connective tissue and joints. Vitamins and minerals support myriad functions of the joints, such as **Vitamin D** for cell and bone health; **Vitamin A** for antioxidant function and bone formation; **Vitamin C** for tissue growth and repair, antioxidants, and at least 300 metabolic functions; **zinc** for bone formation and immune system strength; **manganese** for bone growth and formation of cartilage and synovial joint fluid; and **copper** for bone formation and healthy nerves and joints. **Humulex™ hops extract** inhibits cyclooxygenase enzyme-2 (COX-2) production. This keeps COX-2 from converting arachidonic acid into prostaglandin E2 (PG-E2), a particular type of inflammatory prostaglandin. Inflammation can be minimized on a cellular level.

Liver Support

The liver is one of the largest and most important body organs. Its vital functions include clearing the blood of toxins and producing bile, which aids in fat digestion and carries

waste products away from the liver. Liver detoxification is necessary for muscle and joint comfort. **Silymarin** from milk thistle seeds is an important contributor to the support of healthy liver function. **N-acetyl cysteine** serves as a precursor to glutathione, a critical selenium-containing antioxidant produced in the liver, which binds to toxins to help remove them from the body. **Alpha-lipoic acid** and **CoQ10** play important roles in supporting liver health because the liver, among all its critical functions, needs to generate an enormous amount of energy and these are components of the body's energy production process. FIBRO-RESPONSE also contains a classic **Chinese herbal combination** traditionally used to harmonize liver "chi" or "energy": bupleurum extract, ginseng, skullcap, ginger, cinnamon, and licorice. **Dandelion**, used in Western herbalism, complements the action of these herbs. **Astragalus** and **kudzu**, two herbal adaptogens further strengthen the liver and aid in the detoxification process.

Antioxidant Support

Antioxidants protect tissues and joints from highly destructive molecules called free radicals. **Alpha-lipoic acid** complements the antioxidant activity of beta carotene and CoQ10. **N-acetyl cysteine**, best known for supporting the liver, is also highly valued as an antioxidant. **Zinc, selenium** and **copper** support our natural defenses. Together, they provide an armory of powerful antioxidants for joints and connective tissue.

Nervous System Support

Ginkgo biloba is renowned for promoting blood flow to the brain. This is crucial, since brain tissue is very metabolically active, accounting for two percent of our body weight, yet using 15 percent of our total energy supply. **GABA** is an inhibitory neurotrans-

mitter that may regulate the nervous system and support clear focus. The herb **skullcap** and **vitamin B-6** add further support.

Wellness Revolution

For some people, freedom to move with ease and comfort is not taken for granted. In the Wellness Revolution, the array of natural compounds found in FIBRO-RESPONSE enables you to directly participate in supporting these vital functions.

References

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- American Medical Association, *Encyclopedia of Medicine*. New York: Random House, 1989.
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- Russell, I.J. et al. 1995. *J. Rheumatology* 22(5): 953-8.

Fibro Response™ is a Bio-Aligned Formula™

Targeted Nutrition

Muscle Cell Metabolism (ATP Production)

Malic Acid, Magnesium CoQ10, Vitamin B-1, Vitamin B-2, Vitamin B-3, Vitamin B-6, Manganese, Pantothenic Acid, Copper, alpha-Lipoic Acid

Connective Tissue

Hops, MSM, Vitamin A, Vitamin C, Zinc, Manganese, Copper, Vitamin D-3

Liver Blend

Astragalus, Kudzu, Silymarin from Milk Thistle, N-Acetyl Cysteine, Ginkgo Biloba, Dandelion Root, Chinese Liver Blend (Bupleurum extract 12:1, Skullcap, Panax Ginseng, Ginger, Cinnamon, Licorice Root)

Antioxidant Support

N-Acetyl Cysteine, Alpha-Lipoic acid, Beta Carotene, CoQ10, Zinc, Selenium, Copper

Nervous System

GABA, Skullcap, Ginkgo Biloba, Vitamin B-6



Strategies for Wellnesssm

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The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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